Responsible Drinking

Objectives

- Define responsible drinking
- List consequences of irresponsible drinking
- Discuss drinking responsibly tips

Top 10 most used drugs

1. Tobacco – Biggest killer (400,000 deaths/yr)
2. Alcohol – Most widely abused *legal* substance
3. Prescription Drugs – Dangerously addictive, rising in popularity
4. Methamphetamine – Labeled an epidemic problem by the press
5. Marijuana – Most widely abused *illegal* substance
6. MDMA (XTC) – Little research on long term effects, still very popular
7. Cocaine – Highly potent, one of the greatest drug threats to the world
8. Heroin – Highly addictive
9. Steroids – Horrible side effects
10. Inhalants – On the rise in today's youth

Information sited from www.streetdrugs.org

Media Messages

- Messages:
  - Having a drink once a day promotes good health
  - Don’t Drink and Drive
  - Drink in moderation
  - Drink responsibly
  - If you want to have fun, date, or watch sports then you have to drink

Definitions

- One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz of 80-proof distilled spirits, or 12 oz of regular beer

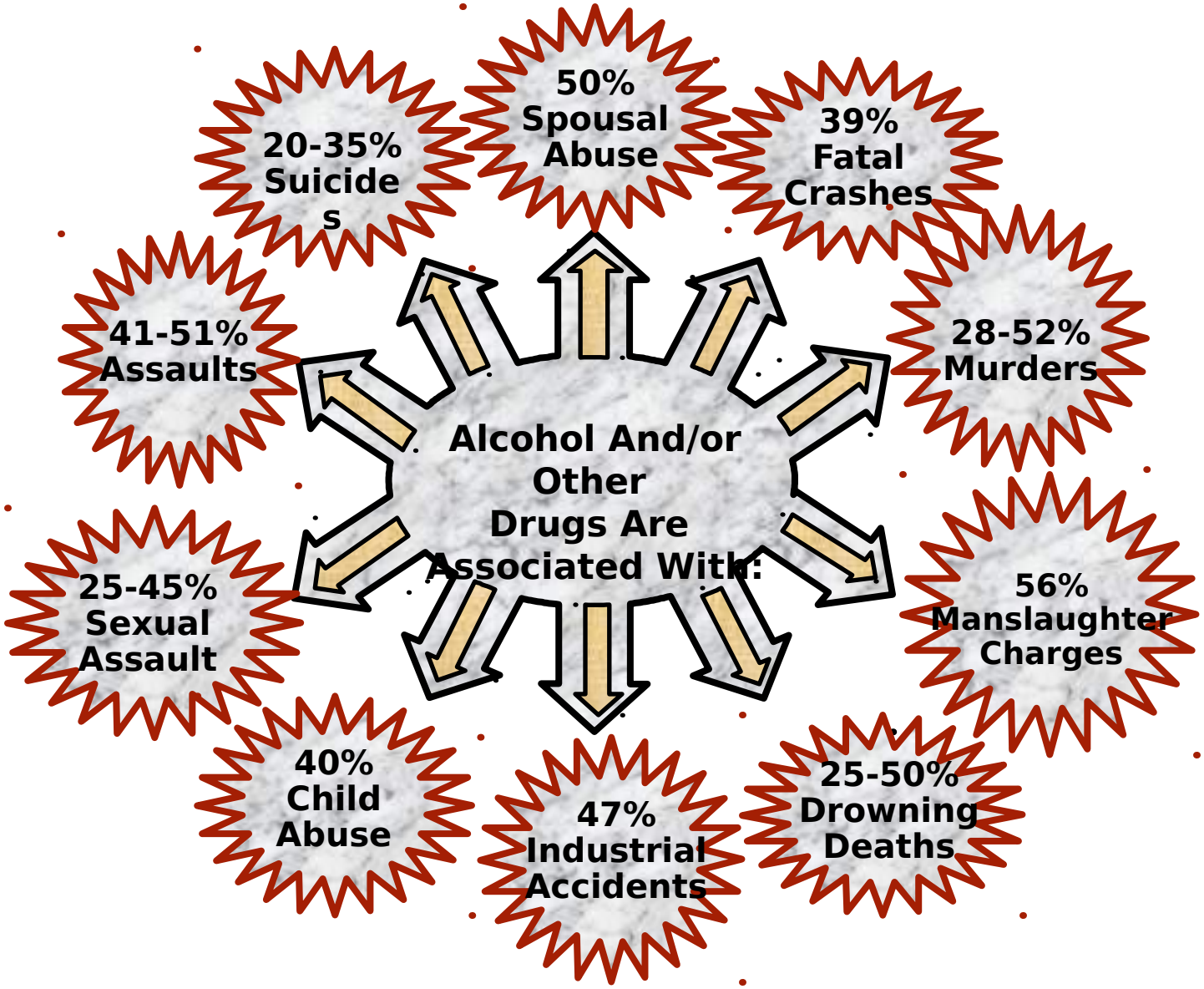
- 5 oz of 12% wine = 5 X .12 = 0.6 oz of pure alcohol
- 1.5 oz of 80 Proof = 1.5 X .40 = 0.6 oz of pure alcohol

  Note: 80 proof = 40% alcohol
- 12 oz X 5% beer = 12 x .05 = 0.6 oz of pure alcohol

Irresponsible Drinking

Results of Irresponsible Drinking

- DUI
- Vomiting
- Hangover
- Unexpected guest for breakfast
- Unprotected sex
- Unwanted sex
- Possible STD
- Fighting
- Loss of control – doing stupid things
- Reduced work quality and performance
- Financial problems
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Passing out
- Black outs
- Death



National Statistics, Center for Substance

Retention Changes (Alcohol)

- Commanders will process Soldiers for separation who are involved in two serious incidents of alcohol-related misconduct in a 12 month period.

- Additionally, any Soldier who is convicted of DWI/DUI two times during their career shall be administratively separated unless retained by the first GO in command who has a judge advocate or legal advisor available. This authority may not be delegated.

Binge Drinking

An estimated 75,000 Americans die each year because of alcohol use.

Binge drinking has been defined as five or more drinks per occasion, with a drink equaling 10 grams of alcohol.

Responsible Drinking

- Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.
- Responsible Drinking: Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.

The Message

DRINK RESPONSIBLY!

Research tells us Low-Risk Drinking Choices Include Either:

A. Abstinence

OR

B. 0-2 drinks if daily

0-3 drinks if less than daily (females 2)

Not more than 14 in a week

AND

- No more than one drink per hour
- Not drinking during major stressful life events

Drinking Tips

- Do not lose control of yourself.
- Remember, it’s ALWAYS ok NOT to drink.
- Avoid binge or other high risk drinking behaviors.
- Take a buddy and watch each others back
- Don’t leave your buddy behind
- Don’t drink when taking medication

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